



2020
ANNUAL
REPORT

A Year of Growth & Resilience

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A LETTER FROM OUR ELDER IN RESIDENCE NELDA GOODMAN

At the beginning of 2020, we had so much excitement about starting our Khunsi Onikan women's outpatient recovery program. Then Covid hit and many of us were fearful that we would have to shut down. But we all got laptops and could work remotely from home.

For the Elders in the community, we tried to be supportive on the phone and to try to get them the medicines they needed - sweetgrass, sage, cedar and tobacco. We also knew we had to support the staff so we asked Pebaamibines (Dennis Jones) if we could hold our staff wellness sessions online. Now we meet 3 times a week to practice our songs and come together as a staff. That's what keeps me grounded. I felt this is what can help me feel better about doing my job and having strength while staying isolated at home - practicing prayers, practicing smudges, offering of Asemah (organic Tobacco) to Gitchi Manido. We have accomplished stability and ingenuity. Our prayers are being answered and we continue to pray for a new building so we can house everybody.



LETTER FROM EXECUTIVE DIRECTOR

Greetings!

For many of us, 2020 was a year of growth, reflection, pain, fear, gratitude and humility, all while on a journey through uncharted territory. Finding balance and tranquility has been especially challenging. At AIFC we have made every effort to support those we serve, our team of staff and board members, our partners and the greater community. To meet the incredible demand for care, we were very fortunate to be able to expand our services.

Throughout the past year, we have been blessed to work closely with Governor Tim Walz and Lieutenant Governor Peggy Flanagan and their very supportive Administration. In addition, we have continued to feel the genuine devotion of all partners and we remain so very grateful, as the support given has come in many forms.

Guided by our Elders and further influenced by our Youth, the AIFC completed a strategic plan that incorporates a collective approach with other American Indian organizations. We are excited for this venture and have a true vision for intergenerational grounds where children can receive early childhood services, youth have a safe place to gather after school to do homework, play lacrosse, or just relax and enjoy conversation with Elders and friends on the patio or in the garden.

Expansive open space will be necessary to allow for traditional practices, including ceremonies, gardening, and preserving natural land. As the American Indian community in Saint Paul has been patient, and meeting this need is so long overdue, we are incredibly grateful to be moving this forward in partnership.

The AIFC remains committed to dismantling the ongoing and systemic racism that so negatively impacts Black and brown communities. We remain vigilant and mindful of the pain and suffering that continues to emanate from the tragic death of George Floyd. We will continue to work in partnership with the Saint Paul Indians in Action ("SIA") membership and the Metropolitan Urban Indian Directors Group ("MUID") on issues that affect all of our brothers and sisters.

The AIFC will be opening its doors again sometime in early summer 2021. We will likely offer many services in a hybrid fashion to meet the needs of those we serve, as well as to accommodate our building space capacity challenges. More information will be shared soon so please continue to follow us on social media and on our new website!

With Sincere Gratitude,
Kristin Kinney





Mission:

AIFC provides American Indian families with programs and services enriched by traditional American Indian values and culture.

Vision:

To be the place "Where American Indian Families Thrive!"

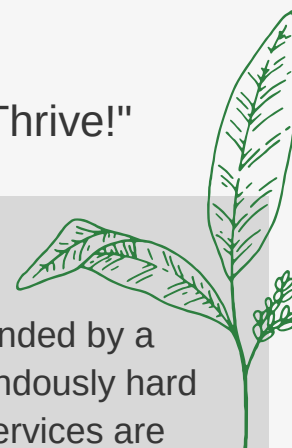
Board of Directors

"On behalf of the Board of Directors, I am grateful to be surrounded by a wonderful and resilient Board and Staff that has worked tremendously hard throughout the COVID-19 pandemic to ensure that essential services are provided to the American Indian community. I would like to thank all of you who have contributed to the American Indian Family Center's success. It has brought us closer to our mission and vision where we see American Indian Families Thrive! "

- Marlee Torrence, Board Chair

Marlee Torrence - Board Chair
Rebecca Nelson - Vice Chair
Darren Goetz - Treasurer
John Littlewolf - Secretary
Nichlas Emmons - Director

Shana King - Director
Shannon Friberg - Director
Robert Blake - Director
Rosemary Frank - Director



2020 Highlights

KEY ACCOMPLISHMENTS

- SHIFTED ENTIRE STAFF TO WORK FROM HOME
- LAUNCHED NEW WEBSITE AIFCMN.ORG
- BOARD PASSED 5-YEAR STRATEGIC PLAN



BY THE NUMBERS

2 NEW PROGRAMS LAUNCHED

13 NEW STAFF HIRED

60 CARE PACKS AND HOME HEALTH KITS DISTRIBUTED TO ELDERS

127 INDIVIDUALS RECEIVED MENTAL HEALTH SERVICES

200 TECH DEVICES DISTRIBUTED TO FAMILIES TO BRIDGE DIGITAL DIVIDE

2,500 FAMILY MEAL KITS DISTRIBUTED THROUGH A COMMUNITY PARTNERSHIP



ZUYA WO OHIYA

(JOURNEY TO SUCCESS)



240 Participants

served through the
Minnesota Family
Investment
Program (MFIP)

150 TechPaks

(computers, internet
hotspot and digital
literacy guides)
distributed

\$23,765

in career
development
support distributed
to job seekers.

STEP BY STEP CAREER BUILDER

In 2020, our Employment Services team launched a 10-week virtual program that worked closely with job seekers to provide them digital literacy training, resume and interview skills, one-on-one career coaching and more. This innovative approach gave participants the hands-on support they needed to regain confidence in their career paths and begin developing skills that will serve them well into the future.

SHANNON'S STORY

I was referred to this program by a mentor because I was having some changes in my life and hoping to update my resume and learn more ways to seek employment. It has been really tough during the pandemic to find employment opportunities that fit my life.

With the help from the employment program, I was able to get set up so I can apply for jobs at home, I was able to learn more about the technology needed to use Zoom meetings and also send out my resume to apply to jobs online. Weekly meetings were also very helpful to keep me on track with my job search and keep my motivation up since there is so much other stuff to deal with during Covid.



The staff has been so helpful and I would recommend this program to anyone seeking employment. I have been able to feel more confident in interviewing for jobs. I have all the tools I need to seek employment. ”

I know if I have questions, the Employment Services team has been very helpful answering them. I am looking forward to finding a job to support my family and to be able to continue to learn in the future with continuing classes and seminars.

Chi Miigwetch to AIFC. They helped me and my family in so many ways and I am forever grateful!



THINICA OWICHAKIYAPI THIPI

(Helping the Homeless Build)



In 2020, AIFC's Housing Services grew to serve families experiencing homelessness by launching a pilot program with support from the Pohlad Family Foundation that focused on providing holistic, supportive services to these families and addressing the underlying needs that created housing barriers. Our efforts to improve long-term housing stability and combat housing disparities in the American Indian community continued by providing rental, utility and damage deposit assistance. In addition, our Housing team created virtual education opportunities by sharing Housing Hot Topics videos that provided information about housing concerns during Covid.

67**HOUSEHOLDS**

RECEIVED
HOUSING SUPPORT
SERVICES

\$66,212

DISTRIBUTED IN
HOUSING
SUPPORT
SERVICES

\$23,000

DISTRIBUTED IN
COVID RESPONSE &
EMERGENCY
HOUSEHOLD
SUPPLIES

1,448

SOCIAL MEDIA
VIEWS ON
HOUSING HOT
TOPICS VIDEOS

COVID RESPONSE

In response to the pandemic in 2020, we were able to provide more immediate assistance and serve more families due to temporary operational changes allowed by funders and government partners. This was critical to meeting the ongoing emergency needs in the community due to Covid.

Families are still experiencing crisis and there is still a lot unknown about what will happen once the eviction moratorium in Minnesota ends. AIFC continues to advocate for our families to be able to easily access supportive services that will promote long-term housing stability as well as physical, mental, emotional and spiritual well-being.



Since launching in August 2020, our Housing First initiative has housed 5 families.

HOUSING FIRST

Christina's Journey To A Safe Home



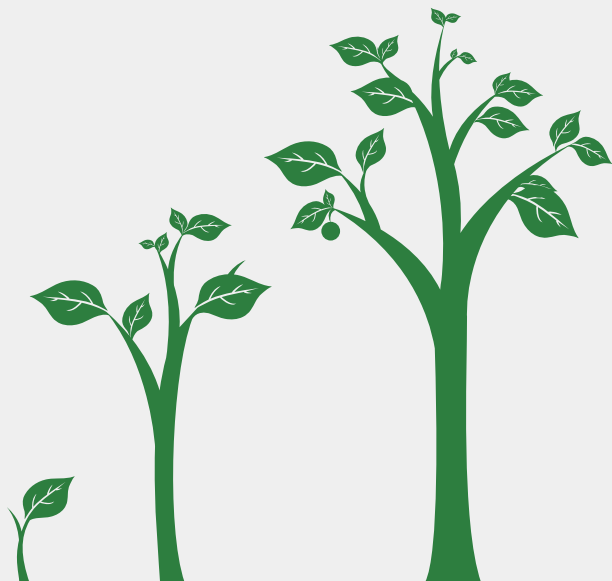
I'm a single mom with 5 children. I am 36 years old and up until recently didn't know much about having a great support team. It was pretty hard sometimes. Some days harder than the last. From floors, to temporary places to stay, to shelters, we've been there. Then one day in the winter of 2020, I heard about the housing program that started through AIFC. That's how I met and connected with Nate and his team and learned more about it. I have to say it truly has been a huge blessing working with people like Nate and [Healing Generations Case Manager] Shaunna and the whole AIFC staff. I received so much support, not only financially, but in so many other ways as well, mentally and emotionally. My name is Christina and I have been going to the AIFC for around 20 years now and I have never been more happy/proud to say that I'm truly grateful to have them around and even more thankful to such a wonderful staff.



GROWING A SUPPORT NETWORK

Our first step was to do a housing assessment and help Christina's family find stability. We are able to help pay portions of her rent with a gradual move toward Christina paying full rent by the end of her lease. We do weekly check-ins and Christina is also working with our Employment Services team to find employment and childcare. I've seen Christina go from worrying about the crisis of homelessness to learning how to be stable and independent.

-Nate Bordeaux, Housing Outreach Specialist





YOUTH SERVICES HIGHLIGHTS

12 Participants

in Native Youth Advisory Council

3 Outreach Events

8 Intergenerational Events with 91 Participants

17 Food Sovereignty Sessions with 12 Participants

42 Participants in Job Search and Youth Empowerment Series

30 Tutoring Sessions with 300 Participants

8 Drum Circle Sessions with SPPS Indian Ed students averaging 10 Participants a session

8 Gardening Sessions with SPPS Indian Ed students averaging 10 Participants a session





Waaban Ogimaawag participants prepared meals virtually with Chef Brian Yazzie

MEETING THE CHALLENGES OF 2020 BY GROWING OUR COMMUNITY

Our Waaban Ogimaawag Youth Services team faced the challenge of pivoting to virtual programs by building partnerships with community organizations to expand our reach and keep youth engaged. We are so grateful to the following partners:

- Lower Phalen Creek Project
- Indigenous Roots Cultural Arts Center
- SPPS Indian Education
- Urban Roots
- City Mischieff
- Migizi
- ThreeSixty Journalism
- Saint Paul College
- Department of Indian Work
- Yazzie the Chef
- Indigenous Peoples Task Force
- Elder's Lodge
- Dream Of Wild Health
- Spring Lake Park School District
- Indian Health Board
- Montessori American Indian Childcare Center
- Volunteer tutors from Augsburg University
- East Side Table
- UNITY
- City of Saint Paul Right Track

EMBRACING CULTURE & EXPANDING COMMUNITY

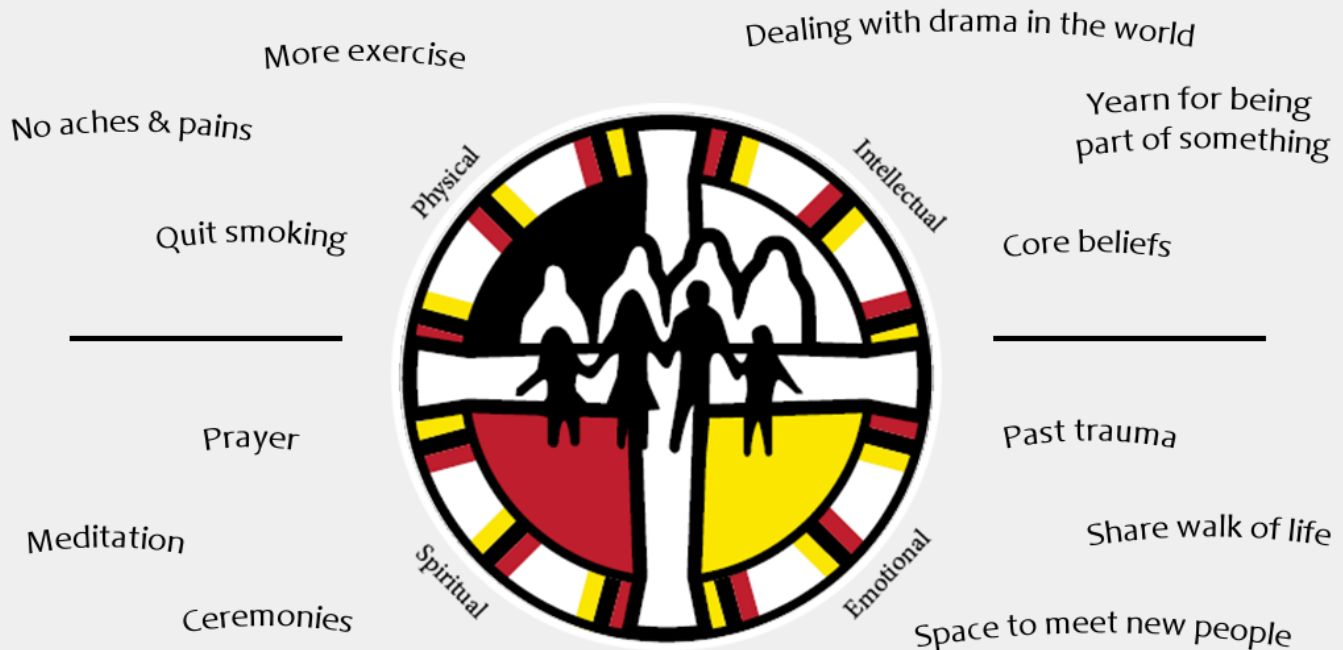
"I joined the youth group because I didn't really know about my Native culture and joining taught me a lot about praying, and the meaning of medicines and more."

"Chi-miigwech for celebrating my girl's 15th birthday. This pandemic has been hard on her. That small gift meant the world to her. She truly has another family that loves her...her Waaban Ogimaawag family!"

OMBI'AYAA ANISHINAABE-ININIIWUG (RISE UP ORIGINAL MEN)



MEN'S GROUP PARTICIPANTS SHARE IN THEIR OWN WORDS THE PERSONAL GROWTH THEY HOPE TO ACHIEVE



A MESSAGE FROM RICH ANTELL, MEN'S OUTREACH SPECIALIST

Since I relaunched the Men's group back in August 2020, the virtual support group has grown to having over 80 men registered. We have continued to sponsor and support the softball and basketball teams.

The Men's support group has utilized linguistic elders in the community to share knowledge and teachings from a language perspective in Dakota and Ojibwe. They also share life experiences that enhance the group enlightenment. We have also been able to get some younger presenters who can relate much better to the younger men who participate. This has created balance in addressing our participant's needs.

Cultural identity is the core underlying concern with most of the men. This support group has been able to bring cultural values to all attendees.

We hope to build on these values as men as we move into the future. We hope to start in-person activities soon and we would like to collaborate with other men's groups from reservations and start the Creator's game (Lacrosse). We want to build our own sweat lodge for ceremonies and get together for other ceremonies throughout the year.

Khunsi Onikan (Grandmother's Arms)

Women's Outpatient Recovery Program

Khunsi Onikan first opened its doors for clients in spring of 2020 - figuratively speaking because shortly after we received our license, Covid struck. We were determined to provide quality American Indian culturally-specific services to our women. We provided them with cell phones so they could join us for groups and counseling sessions. We delivered Indian medicines (sage, sweetgrass, cedar) to their homes so that when ceremonial things were taught they would have the elements at home.

The key to our services is that we connect our women with traditional crafts, ceremonies, medicines and the community. Our 36 women we served represent 36 families that have been impacted by sobriety and change from our program.

Miigwetch to the Creator

-Rich Latterner, Treatment Director



Timeline of Khunsi Onikan's Growth



SOOGIZIN DODEM

(STRENGTHENING FAMILIES)

This year, it was more crucial than ever to grow and foster community connection.

As families faced the struggles of parenting, distance learning and staying healthy during Covid, our Soogizin Dodem family therapy program joined forces with our Parent Mentor program to create a virtual space where traditional community support and mental wellness could thrive.

Once a week, families met with Healing Generations Therapist Karla Weber and Family Empowerment Coach Maria McCoy in a virtual setting to practice traditional arts, ceremonies and healing methods. They were provided with materials that they could keep at home to continue to support their family members.

Learning ways to cope and stay in balance during difficult times was a key part of how the group members grew personally and as a community. The relationships and support network that blossomed were key to restoring and enhancing traditional values and lifeways.

"I have learned new things and more about our ways in group and how we are all connected."

"The group has brought me and my two younger boys together with the new things we are learning, such as planting and reading the books we received about trees and plants."



FAMILY & PARENTING THERAPY GROUP

A SAMPLE OF ACTIVITIES PLANNED FOR GROUP PARTICIPANTS

- Learning how to use essential oils, reflexology, herbal teas and other traditional methods for stress relief
- Soap carvings
- Making Kinickinic (Red Willow Bark Traditional Tobacco)
- Participating in a Full Moon Ceremony at home
- Creating a Wawaybinigaywin (Bear Bundle)
- Creating a Winter Count, which is a traditional pictorial record for families to preserve their histories.

"We really liked doing the soap carvings and learning how to do art. Using our hands has helped us get through the pandemic."

"I really appreciate the tangible items we get each week in our bags. This helps me feel more connected."

The tangible items I can use to beautify my space and help me connect to myself and others."



"It has been very healing to gather weekly as community and connect with each other. Our families are so amazing. They brought forth their strengths, resiliency, traditional values and wisdom to share and support each other during these difficult times."
- Maria McCoy, Family Empowerment Coach

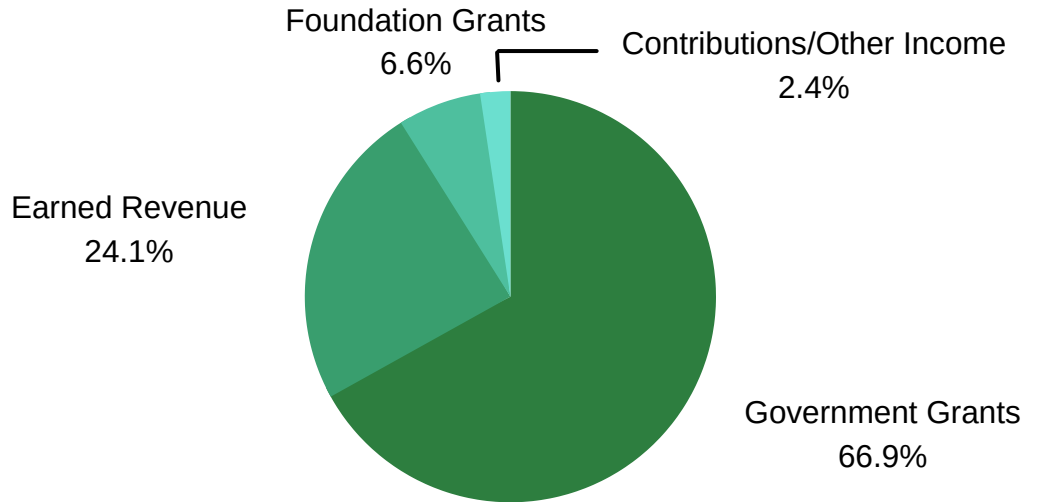
"It is a gift for me to be a part of Soogizin Dodem. The willingness of our families to share their joys and sufferings each week in their healing journeys gives me strength and solidity."

- Karla Weber, Healing Generations Therapist



Financials

Support and Revenue Sources



Total Support and Revenue \$2,410,099

Expenses

Program Services	
<i>Family and Youth Services</i>	\$610,230
<i>Behavioral Health Services</i>	\$810,377
<i>Community Development</i>	\$184,444
Total Program Services	\$1,605,051
Support Services	
<i>Management and General</i>	\$541,813
<i>Fundraising</i>	\$100,516
Total Support Services	\$642,329
Total Expenses	\$2,247,380

*Pre-audited financials of FY 2019-2020



Heartfelt Gratitude To All Of Our Supporters

We are honored to acknowledge the contributions, donations and support of the following people and organizations. We take great care to ensure the recognition of our donors. If you have any corrections, please contact

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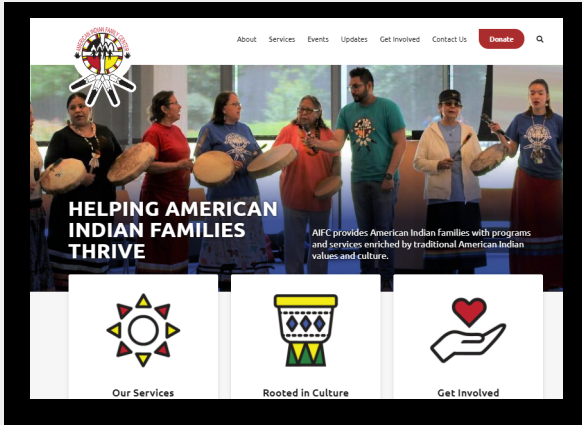
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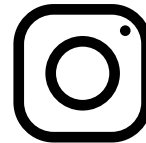
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